

Emmanuel Baptist Church

**A Purposeful
Way of Life:
21 Days of
Corporate
Fasting**

Pastor Darryl K. Webster



Introduction

Bottom line: Keep it simple. Choose something that has become a distraction or a hindrance for you, or something that is dominating too much of your time and eliminate it. Whatever you choose to fast, take the time you would normally spend doing the activity from which you are fasting and spend it with God in prayer. Your fast may appear to be simple to some, but it is a huge step of faith, especially if you are new to fasting. Each person should commit to fast at his or her individual level of ability and availability during the next 21 days.

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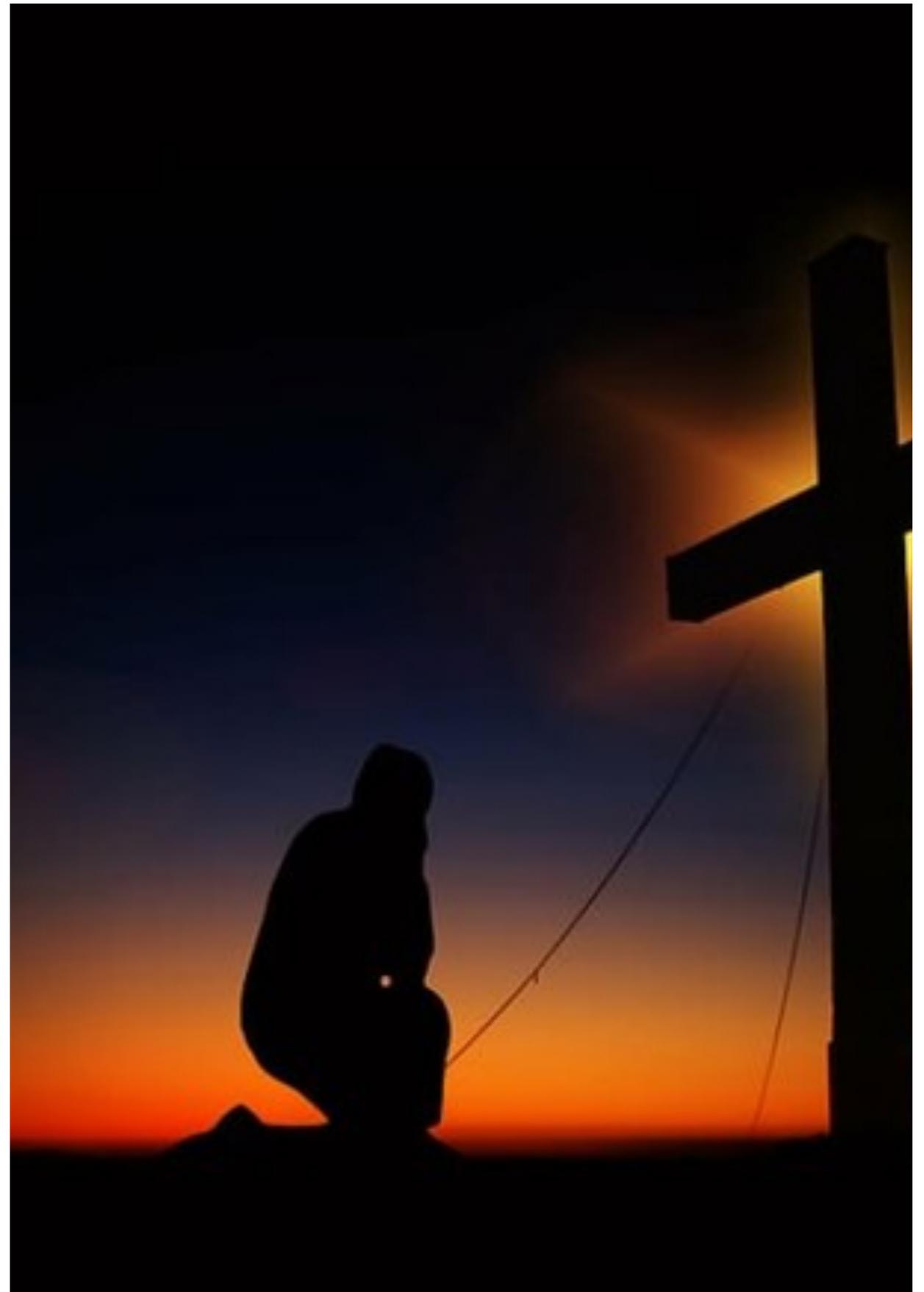
Day 1 - Pray for Humility

Humble yourselves in the presence of the Lord, and He will exalt you.

-James 4:10

“Some people would rather die in their pride, than live in their humility.”

“Pride must die in you, or nothing of heaven can live in you.”

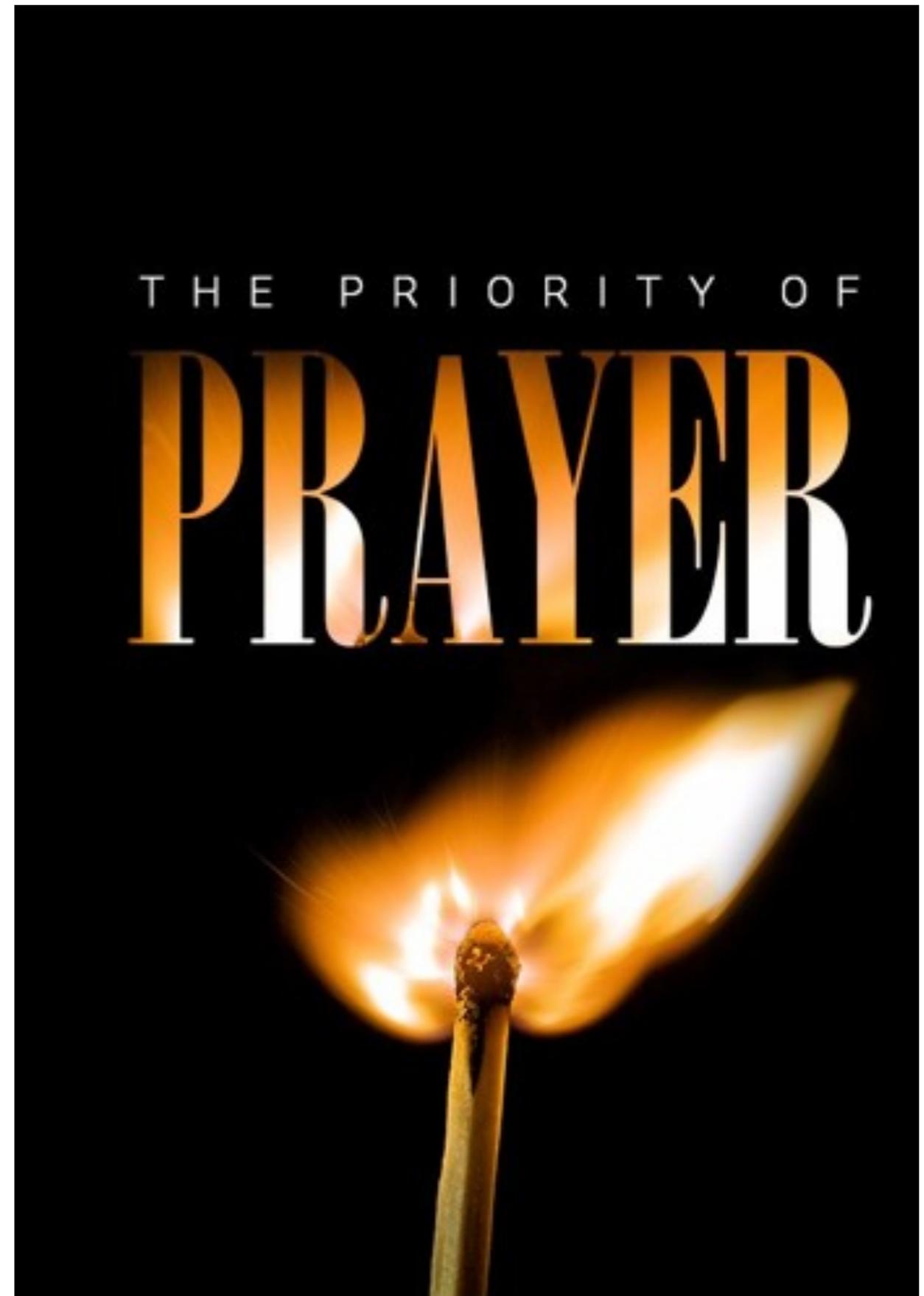


Day 2 - Priority of Prayer

**“While I was fainting
away, I remembered the
Lord, and my prayer
came to You, Into Your
holy temple.**

-Jonah 2:7

“God show me what I have prioritized
above my time with you. instead of
you? Help me assess my priorities
and keep PRAYER at the top of the
list.”



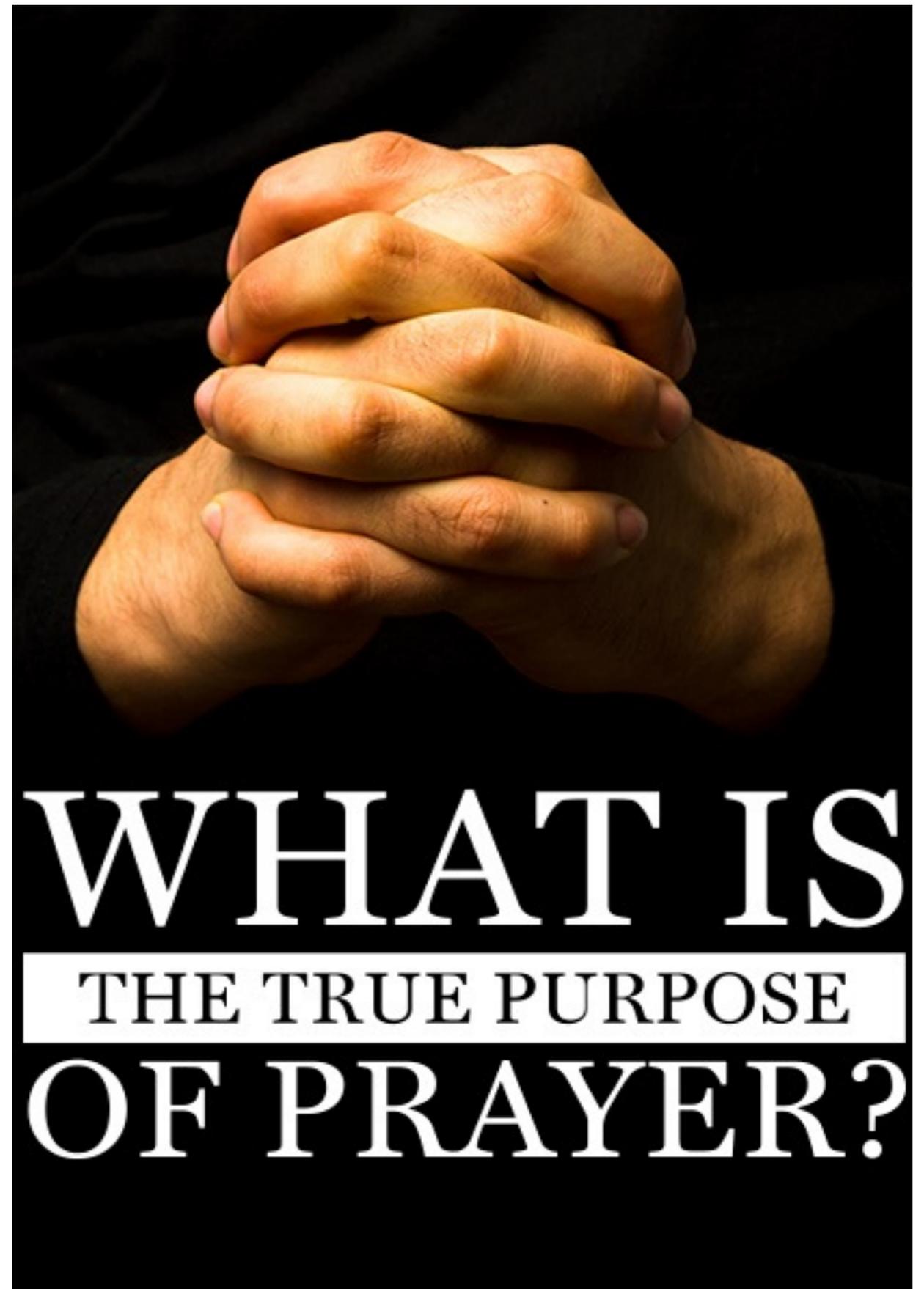
Day 3 - Purpose of Prayer

Whatever you ask in my name, that will I do, so that the Father may be glorified in the Son.

-John 14:13

“Prayer is an earthly license for heavenly interference.”

“Prayer is not to change circumstances...Prayer is to change us.”



Day 4 - Locked Prayer

**Surely God will not listen
to an empty cry, nor will
the Almighty regard it.**

-Job 35:13

God is not concerned with the length,
nor the volume of our prayers...only
with the depth, faith, and sincerity.

Worry increases pressure; prayer
releases peace.



Day 5 - Pray for a Sincere Heart

**Let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water
-Hebrews 10:22**

In prayer it is better to have a heart without words than words without a heart.

If we do not allow prayer to drive sin out of our life, then sin will drive prayer out of our life.

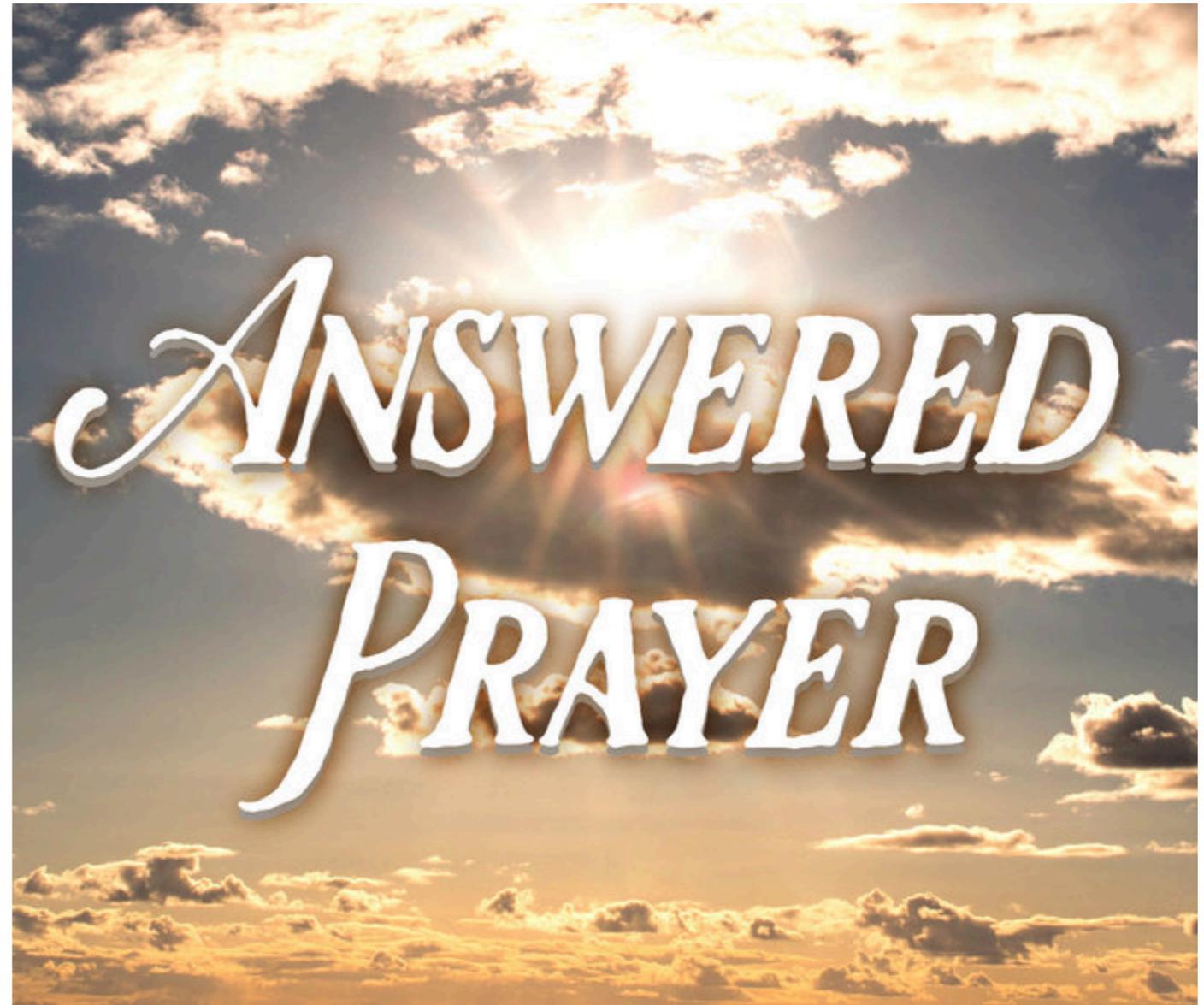


Day 6 - Answered Prayer

**I sought the Lord, and He
answered me, and
delivered me from all my
fears.**

-Psalm 34:4

The work of God is done on God's timetable. His answers to our prayers come always in time-His time. His thoughts are far higher than ours. His wisdom past understanding.



Day 7 - Prayer for Refreshing

**I will refresh the weary
and satisfy the faint.
-Jeremiah 31:25**

“The only one who can truly satisfy
the human heart is the one who made
it.”

“A man may study because his brain
is hungry for knowledge, even Bible
knowledge. But he prays because his
soul is hungry for God.”



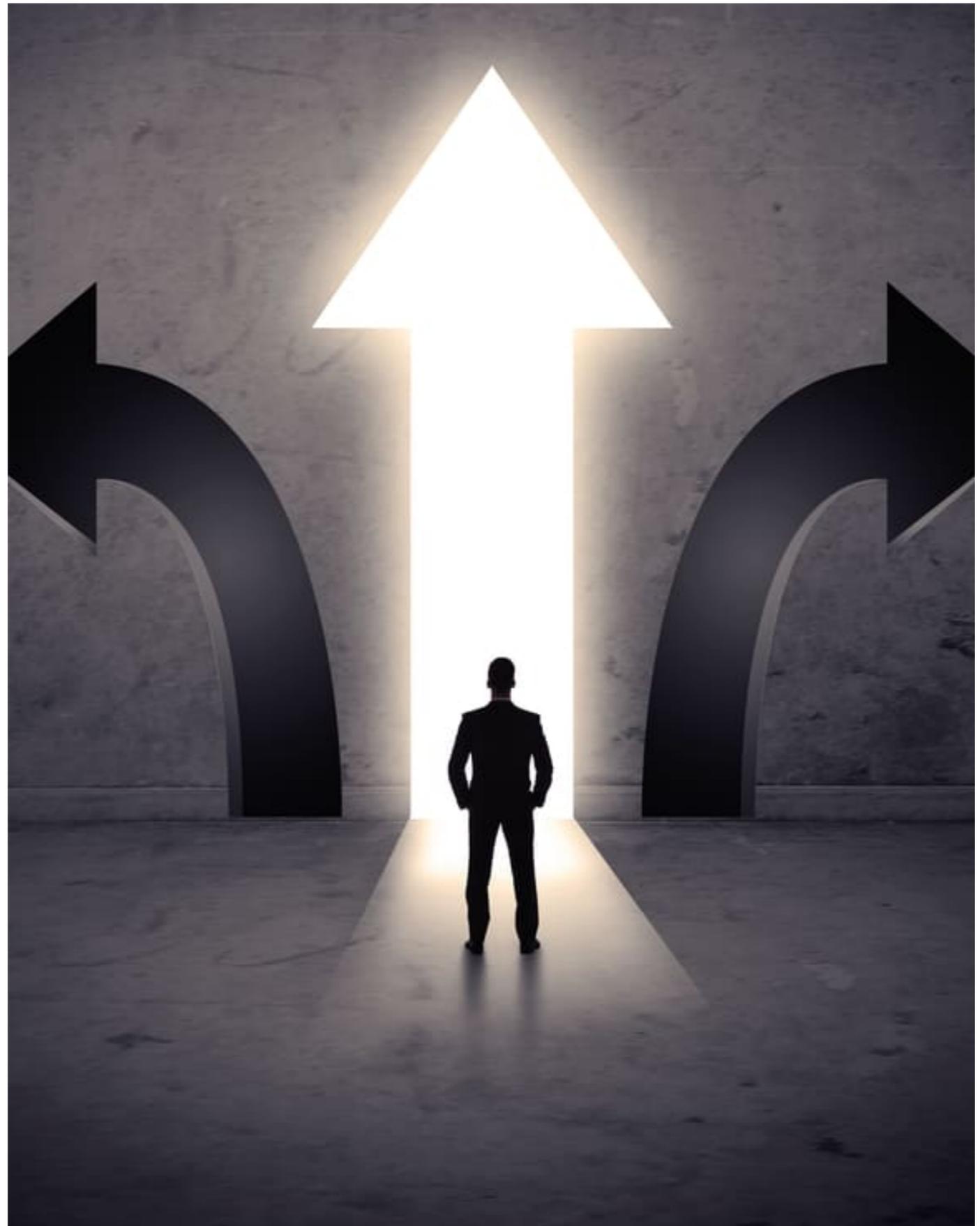
Day 8 - Praying for God's Will

For I have come down from Heaven, not to do my own will, but the will of Him who sent me.

-John 6:38

“Prayer is emphatically not to bend God’s will to ours, but rather to align our will to His.”

“If God answered all of your prayers, would the world look different or just your life?”



Day 9 - Praying for Family

I have no greater joy than this, to hear of my children walking in the truth.

- 3 John 4

“Prayer for your family & with your family should be a non-negotiable.”

“Praying for those who love you, that’s sincerity. Praying for those who hurt you, that’s maturity.”



Day 10 - Praying for a Pure Heart

Blessed are the pure in heart, for they shall see God.

- Matthew 5:8

“When you fast and pray for a pure heart, you acquire the right tools to overcome the battles of life.”

“God listens when we pray with pure hearts.”



Day 11 - Praying for a Surrendered Heart

**“Now then,” said Joshua,
“throw away the foreign
gods that are among you
and yield your hearts to
the Lord, the God of
Israel.”**

- Joshua 24:23

“What we really need is
only a heart of surrender &
always trust what God has
plan for our life.”

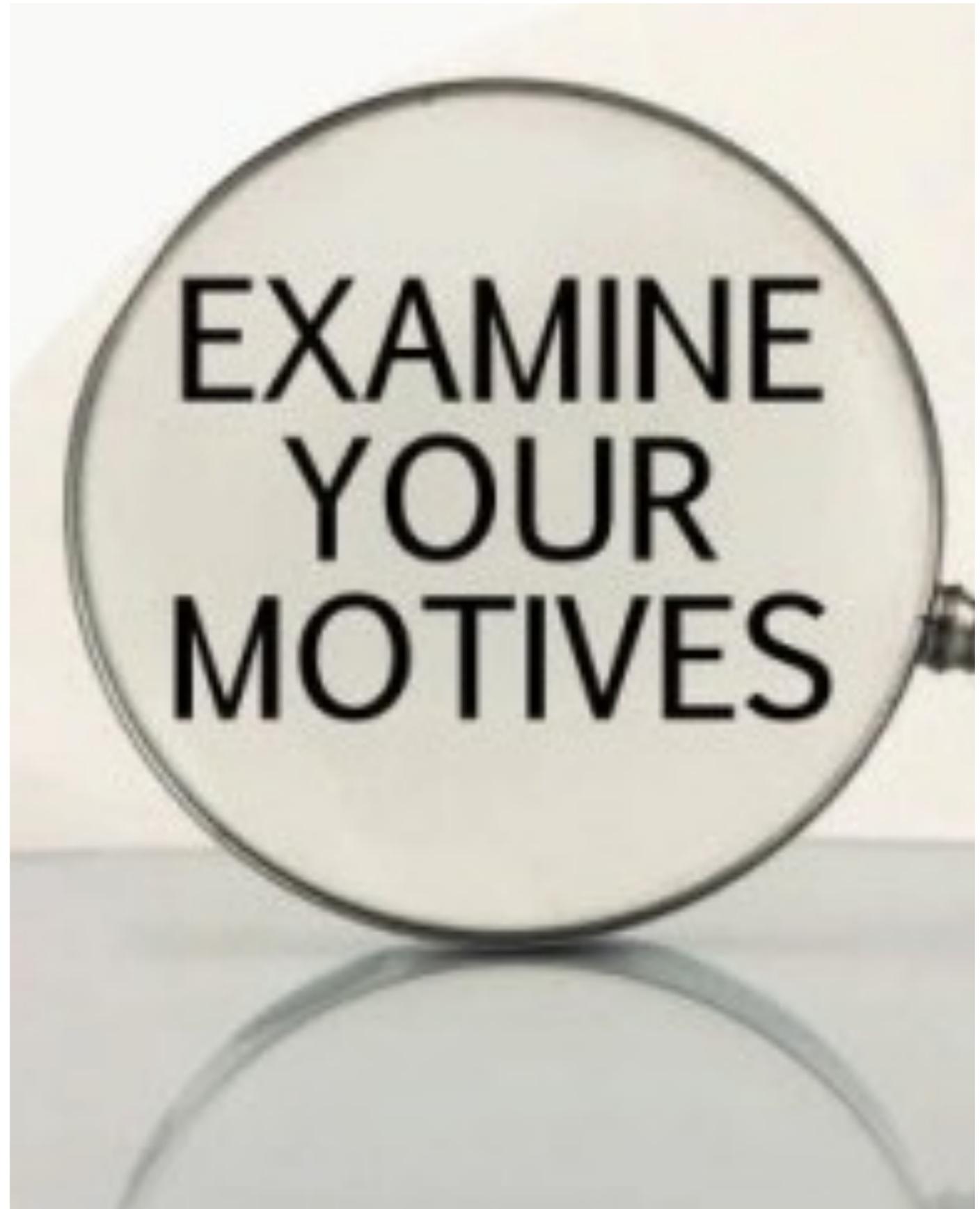


Day 12 - Praying for Pure Motives

“Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.

- Matthew 22:37

“Wrong motives produce an empty life that is not sustainable. Pure motives sustain our passion for God and thus sustain our work for Him—even during the dry, discouraging, or seemingly fruitless seasons.”



Day 13 - Pray to set your heart to follow God

2 CHRONICLES 11:16

And after *the Levites left*, those from all the tribes of Israel, such as set their heart to seek the Lord God of Israel, came to Jerusalem to sacrifice to the Lord God of their fathers.

LUKE 14:33

So likewise, whoever of you does not forsake all that he has cannot be My disciple.

If I am to wholly follow God , I must forsake everything that is contrary to Him.



Day 14 - Pray to not harden your heart.

**Do not harden your hearts
as in the rebellion,
In the day of trial in the
wilderness,
-Hebrews 3:8**

If the heart becomes hardened, the eye becomes dry.

We speak of people with faint hearts, wise hearts, pure hearts, willing hearts, deceitful hearts, conniving hearts, courageous hearts, cold hearts, hearts of stone, or selfish hearts. The measure of our hearts is the measure of our total performance.



**Day 15 - Pray to understand
what's in your heart.**

**The heart *is* deceitful
above all *things*,
And desperately wicked;
Who can know it?
-Jeremiah 17:9**

No matter how intentional you are to please God, you cannot live beyond what's in your heart.

God commands men everywhere to repent; God is asking you to repent and turn away from the wickedness of the thoughts of your heart.

THE HEART IS DECEITFUL
ABOVE ALL THINGS,
AND DESPERATELY SICK;



WHO CAN UNDERSTAND IT?

Day 16 - Pray to cleanse your heart.

Who may ascend into the hill of the Lord? Or who may stand in His holy place? ⁴ He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.

-Psalm 24:3-4

When we confess and pray for a clean heart, God will give us a new life, pleasing to Him.

Little messes creep in the door of our hearts. Before long, without some housekeeping, our hearts are a mess.



Day 17 - Pray to guard your heart.

Keep your heart with all diligence, For out of it *spring* the issues of life.

-Proverbs 4:23

“Boundaries help us to distinguish our property so that we can take care of it. They help us to ‘guard our heart with all diligence.’ We need to keep things that will nurture us inside our fences and keep things that will harm us outside.”

We should guard our hearts because it's there that decisions are made. Our lives, as well as others, are directly impacted by our hearts.



**Day 18 - Pray for the desire to do
what pleases God.**

**For God is working in you, giving
you the desire and the power to
do what pleases him.**

-Philippians 2:13

So here is what it comes down to: the
ultimate choice in life is between
pleasing ourselves and pleasing God.

Trying to please others before pleasing
God is inverting the first and second
great commandments.



*Work to please God,
not other people.*

**Day 19 - Pray that you don't copy
or conform to this world.**

**Don't copy the behavior and
customs of this world, but let
God transform you into a new
person by changing the way
you think. Then you will learn to
know God's will for you, which is
good and pleasing and perfect.**

-Romans 12:2

“It is a tragedy that many of God's
people have conformed themselves
to the world and its thinking, rather
than being transformed by the
renewing of their minds.”



**Day 20 - Pray that you would be
a forgiving person**

**For if you forgive others their
trespasses, your heavenly Father
will also forgive you, but if you
do not forgive others their
trespasses, neither will your
Father forgive your trespasses.**

-Matthew 6:14-15

Forgiveness is God's command.

Forgiveness is for you - not the other
person. It's something you do inside
yourself that you feel in your body and
heart that releases you from your past
and frees you to live life fully.



Day 21 - Pray to be more like Jesus

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.

-Isaiah 58:6-8

Heavenly Father, as I end this fast, I pray that Your presence would continue to guide me, Your Holy Spirit would fill me, and help me to walk in the way of the righteousness of Jesus. God, I give You my life. I make myself a living sacrifice for You. Fill me, every part, and use me to bring glory to Your name. Help me to live for You, hear Your voice, and to do Your will. Your kingdom come, Your will be done on earth and in my life as it is in heaven. I surrender my life to You, help me to become more like Jesus. In His name I pray, Amen.

